



# NCARNG Weekly Safety Newsletter



October 9, 2015

## North Carolina State Safety Office Contacts

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For more information  
Visit us at [NCGKO](#)  
(CAC Login)



For more Safety  
information visit  
[US ARMY  
SAFETY CENTER](#)



## Bus Stop Safety



In recent weeks, too many children have ended up in the emergency room instead of their classroom due to accidents at the bus stop. Most of the children who lose their lives in bus-related crashes are pedestrians, four to seven years old, who are hit by the bus or by motorists illegally passing a stopped school bus. For this reason, it is necessary to know the proper laws and procedures for sharing the road safely with school buses.

### IT'S THE LAW

It is illegal to pass a school bus that is stopped to load or unload children. School buses use yellow flashing lights to alert motorists that they are preparing to stop to load or unload children. Red flashing lights and an extended stop sign arm signals to motorists that the bus is stopped and children are getting on or off the bus. Traffic in both directions must stop on undivided roadways when students are entering or exiting a school bus. All traffic behind the school bus (traveling in the same direction) must stop. The area 10 feet around a school bus is where children are in the most danger of being hit. Stop your car far enough from the bus to allow children the necessary space to safely enter and exit the bus. Never pass a school bus on the right. It is illegal and could have tragic consequences.

### Know When to GO

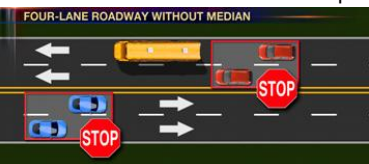
All Traffic Both Directions Must Stop



All Traffic Both Directions Must Stop



All Traffic Both Directions Must Stop



Only Traffic following the bus must stop



Only Traffic following the bus must stop



### TIPS FOR MOTORISTS

Be alert. Children are the least predictable pedestrians and the most difficult to see. Children walking to or from their bus are usually very comfortable with their surroundings. This makes them more likely to take risks, ignore hazards or fail to look both ways when crossing the street. Take extra care to look out for children not only in school zones, but also in residential areas, playgrounds and parks.

When stopped at a red light or waiting to make a turn, do not block a crosswalk. Don't stop with a portion of your vehicle over the crosswalk.

Blocking the crosswalk forces pedestrians to go around your vehicle and puts them in a dangerous situation.

Don't honk your horn, rev your engine or do anything to rush or scare a pedestrian in front of your car, even if you have the legal right-of-way.

### TIPS FOR PARENTS AND STUDENTS

Have your children put everything they carry in a backpack or school bag so that they won't drop things along the way. Have them wear bright, contrasting colors so they will be more easily seen by drivers. Make sure they leave home on time so they can walk to the bus stop and arrive before the bus is due.

Running can be dangerous. Walk your young child to the bus stop and have older children walk in groups. There is safety in numbers and groups are easier for drivers to see. Practice good pedestrian behavior: walk on the sidewalk, if there is no sidewalk, stay out of the street. If you must walk in the street, walk single file, face traffic and stay as close to the edge of the road as you can. Stop and look left, right and then left again if you must cross the street. Do the same thing at driveways and alleys. Don't let your child play running games or push and shove at the bus stop. It is dangerous near traffic. Make sure your child stands at least 10 feet (5 giant steps) from the road while waiting for the bus. The child will be out of the way of traffic. ALWAYS cross in front of the bus, NEVER behind. Remind children not to cross until the bus has come to a COMPLETE stop, the bus's RED stop lights are activated, and the driver signals it is safe to cross. Warn children that if they drop something, they should NEVER pick it up. Instead, they should tell the driver and follow the driver's instructions. If they bend over to pick up a dropped object, they might not be seen by the driver and could be hurt if the driver pulls away from the stop. If you meet your child at the bus stop after school, wait on the side where the child will be dropped off, not across the street. Children can be so excited at seeing you after school that they dash across the street and forget the safety rules. For more information visit [www.ncbussafety.org](http://www.ncbussafety.org)





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October is Breast Cancer Awareness Month which is an annual campaign to increase awareness of the disease. Cancer is a disease in which cells in the body grow out of control. When cancer starts in the breast, it is called breast cancer. Except for skin cancer, breast cancer is the most common cancer in American women.

### Symptoms - Some warning signs of Breast Cancer are:

- A lump or pain in the breast
- Thickening or swelling of part of the breast
- Irritation or dimpling of the skin
- Redness or flaky skin on breast
- Pulling in of the nipple or pain in the nipple area
- Fluid other than breast milk from the nipple, especially blood
- Change in size or shape of breast

\* Other Conditions can cause these symptoms. *If you have any signs that worry you, call your doctor right away.*

### Risk Factors - If you have *risk factors*, you may be more likely to get breast cancer. Talk to your doctor about ways to lower your risk and about screening.

- Being younger when you had your first menstrual period
- Never giving birth, or being older at the birth of your first child
- Starting menopause at a later age
- Using hormone replacement therapy for a long time
- A family history of breast cancer
- Being overweight, especially after menopause

Breast cancer screening means checking a woman's breasts for cancer before she has any symptoms. A mammogram is an X-ray picture of the breast. Doctors use a mammogram to look for early signs of breast cancer. Regular mammograms are the best tests doctors have to find breast cancer early, sometimes up to three years before it can be felt. When their breast cancer is found early, many women go on to live long and healthy lives.

### When should I get a mammogram?

Most women who are 50 to 74 years old should have a screening mammogram every two years. If you are 40 to 49 years old, or think you may have a higher risk of breast cancer, ask your doctor when to have a screening mammogram.

### How is a mammogram done?

You will stand in front of a special X-ray machine. A technologist will place your breast on a clear plastic plate. Another plate will firmly press your breast from above. The plates will flatten the breast, holding it still while the X-ray is being taken. You will feel some pressure. The other breast will be X-rayed in the same way. The steps are then repeated to make a side view of each breast. You will then wait while the technologist checks the four X-rays to make sure the pictures do not need to be re-done. Keep in mind that the technologist cannot tell you the results of your mammogram.

### When will I get the results of my mammogram?

You will usually get the results within a few weeks, although it depends on the facility. A radiologist reads your mammogram and then reports the results to you or your doctor. If there is a concern, you will hear from the mammography facility earlier. Contact your health professional or the mammography facility if you do not receive a report of your results within 30 days.

### What happens if my mammogram is abnormal?

If it is abnormal, do not panic. An abnormal mammogram does not always mean that there is cancer. But you will need to have additional mammograms, tests, or exams before the doctor can tell for sure. You may also be referred to a breast specialist or a surgeon. It does not necessarily mean you have cancer or need surgery. These doctors are experts in diagnosing breast problems.

For more information visit [www.nationalbreastcancer.org](http://www.nationalbreastcancer.org) or [www.cdc.gov](http://www.cdc.gov)

